

# **PHYSICAL EDUCATION (Revised from 21-22)**

*OPEN COURSE TITLE : HEALTH AND FITNESS EDUCATION CODE : (PE 1551)*

## **Syllabus**

### **Module: 1. Introduction to Physical Education and Health**

- ❖ Meaning, Definition, Objectives and Importance of Physical Education.
- ❖ Concepts of Health & Physical Education
- ❖ Meaning, Definition and Dimensions of Health (Physical, Mental, Social, Spiritual and Emotional)
- ❖ Factors Affecting Health (Biological, Personal, Environmental & Socio-cultural factors)

### **Module: 2. Scientific Basis of Physical Activity**

- ❖ Benefits of Exercises
- ❖ Effects of Exercises on Circulatory and Respiratory System.
- ❖ Heart Rate, Blood Pressure & Body Mass Index
- ❖ Types of Exercises (Aerobic & Anaerobic Exercises)
- ❖ Body Types (Endo morph, mesomorph, ectomorph)

### **Module: 3. Exercise and Fitness Training**

- ❖ Physical Fitness- Health Related physical Fitness and Performance Related Physical Fitness
- ❖ FITT Principles (Frequency, Intensity, Time and Type of Exercise)
- ❖ Exercises for improving Speed, Strength, Endurance, Flexibility and Co-coordinative abilities)
- ❖ Hypo-Kinetic diseases, causes and their management (Diabetes Mellitus, Obesity, Hypertension, and Coronary Heart Diseases (CHD).
- ❖ Exercise Prescription

### **Module: 4. Nutrition, First Aid and Posture**

- ❖ Balanced Diet, Malnutrition and Deficiency Diseases
- ❖ First Aid and Principles of First Aid
- ❖ First Aid measures for the following –  
(Bleeding through Nose, Snake Bite, Dog Bite , Electric Shock, Burns and Drowning)
- ❖ Common injuries and their management  
(Wounds, Cuts, Sprain, Fractures and Dislocation)
- ❖ Posture and its importance
- ❖ Common Postural Deformities, Causes and their Remedial Measures.  
(Kyphosis, Lordosis, Scoliosis, Knock-knee, Bow legs and Flatfoot.)

### **Module: 5. Yoga and Stress Management**

- ❖ Meaning and benefits of yoga
- ❖ Eight limbs of Yoga (Ashtanga Yoga)

(Yama, Niyama, Asana, Pranayama, Pratyahara, Dhyana, Dharana, and Samadhi)

❖ Asanas and its importance

(Padmasana, Vajrasana, Paadahasthasana, Vrikshasana, Halasana, Pavanamukthasana, Bhujangasana, Poornasalabhasana, Ardhamatsyendrasana, and Shavasana)

❖ Management of Stress.

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Suggested Readings:

1. *Bucher, C.A.* (1979) **Foundation of Physical Education** (5<sup>th</sup> ed.) Missouri: C.V. Mosby co.
2. *Barrow, H.M.* (1983). **Man and Movement: Principles of Physical education**. Phi: Lea and Febiger
3. *Corbin, Charles .B. et.al.* C .A (2004). **Concepts of Fitness and Wellness**. Boston, McGraw Hill.
4. *Ramachandran, Anil* (2011). **Handbook of Health , Fitness and Wellness**. Akademia Publications, Calicut, Kerala.
5. *Sekhar, K.C.* (2004), **Principles and History of Physical Education.**, Delhi, Khel Sahitya Kendra.
6. *Young, D.C.*, (2004) **A Brief History of Olympic Games**. U.K., Blackwell Publishing.
7. *Puri & Chandra S S.* (2005) **Health and Physical Education**, Surjeet Publications, New delhi.
8. *William J E.* (1964) **Principles of Physical Education**, W.B. Saunders, Philadelphia.
9. *Kamalesh M .L.* (1998), **Physical Education: Facts and Foundations**. P.B. Publicationc.
10. *Ajmeer Singh, et. Al.* (2001) **Modern Text book of Physical Education, Health & Sports**. Kalyani Publishers, New Delhi.
11. *James, Rob, Thompson and James,* (2007). **Complete A-Z Physical education Handbook**. Hodder and Stoughten, London.
12. *Manoj K. P & Suresh Kutty., K.* (2011), **Physical Activity, health and Wellness**, University of Calicut.
13. *Shaida, B .D & Shaida A K.* (2000). **Health and Physical Education**. Arya book depot.
14. *Jenson, Dr. Bernard,* (2000). **Nutrition Handbook**, Viva Books Pvt.Ltd., New Delhi.
15. *Reddy .R.S.,* **Teaching Health and Nutrition**, Commonwealth Publishers, N .Delhi.
16. *Watson, A WS.* (1995), **Physical Fitness and Athletic Perfomance**. Longman Publishing Company, NewYork.
17. *Thomas, David Q and Kotecki, Jerome, Jones and Barlett: Masachussettes,* (2007). **Physical activity and Health-an interactive approach**.
18. *Singh , Ajay* (2007). **First Aid and Emergency Care**. N .R. Brothers, Indore
19. *St. John's & St. Andrew's Ambulance Association and British Red Cross.* (2002). **First Aid Manual**. DK, London.
20. *George Agustine,* (2019) **Health and Fitness Education**, Prathibha Publications, Changanasery